


	PROPOSED CYCLE MENU WEEK 6	*lower calorie option	Updated 3/17/2015	March 23-29, 2015	
	Breakfast	Lunch	Speed Line/Pasta Bar	Dinner	Pastry bar
M O N D A Y	Low Fat Yogurt 3 Types Eggs to Order/Soft , Hard Cooked Eggs Omelets to Order Oven Fried Bacon Sausage Patties Creamed Beef Biscuits Steak & Egg Cheese Sandwich Home Fried Potatoes Pancakes/French Toast Maple and Strawberry Syrup Hominy Grits/Oatmeal Asst Cereals Asst Breakfast Breads Bagels, Plain, Cinn and Raisin, Blueberry Croissants Coffee/Reg/Decaf/Asst Hot Teas/Cocoa Asst Fruit Juices Breakfast Iced Tea Asst Carbonated Beverages Milk, Skim, 2%, Whole, and Chocolate Bananas, Pears, Watermelon Raisins Condiments/Spreads	Tortellini Tomato Spinach Soup Chicken Gravy Grilled Blackberry Glazed Smoked Ham New York Buffalo Wings Rice Pilaf Seasoned Steak Fries Brussels Sprouts Green Beans Corn Combo Hot White/Wheat Rolls Asst Bread Dinner Coffee Orange Juice, Fruit Juices Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar	Hamburger/Cheeseburger Beef Hot Dogs Western BBQ Bacon Cheese Burger Cheese Sticks Grilled Cheese Sandwich Condiments Sandwich Bar Potato Chips/Doritos Chili Con Carne Baked Beans Soup of the Day French Fries Onion Rings Tuna Salad Cold Pasta Bar BLT Pasta Salad	Tortellini Tomato Spinach Soup Beef Gravy Lemon-Garlic Chicken Thighs *Roast Beef Mashed Potatoes Steamed Rice Mixed Vegetables Turnip Greens Steamed Seasoned Cauliflower Hot White/Wheat Rolls Asst Breads Lunch Coffee Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings	Breakfast Pastry Cherry Danish Glazed Doughnuts Blueberry Muffins Lunch Pastry Carrot cake White Cake w/Frosting Choc Cream Pie Apple Pie Oatmeal Cookies M & M Cookies Strawberry Jello **NY Cheesecake w/Topping Soft Serve Vanilla/Chocolate Ice Cream Toppings
T U E S D A Y	Low Fat Yogurt 3 Types Eggs to Order/Soft, Hard Cooked Eggs Omelets to Order Grilled Italian Sausage Oven Fried Bacon Creamed Beef Biscuits Sausage, Egg, and Cheese English Muffin Hash Brown Potatoes Pancakes/French Toast Maple and Blueberry Syrup Hominy Grits/Oatmeal Asst Cereals Bagels, Plain, Onion, Raisin Croissants Coffee/Reg/Decaf/Asst Hot Teas/Cocoa Asst Fruit Juices Breakfast Iced Tea Asst Carbonated Beverages Milk, Skim, 2%, Whole, and Chocolate Bananas, Apples, Cantaloupe Raisins Condiments/Spreads	Spicy Asian Chicken Soup Beef Gravy Teriyaki Sauce *Sweet and Sour Chicken Beef Yakisoba Fried Egg Rolls Shrimp Fried Rice Herbed Asparagus Tempura Fried Vegetables Noodles w/Stir Fry Vegetables Hot White/Wheat Rolls Asst Breads Lunch Coffee/Reg/Decaf/Asst Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings	Hamburger/Cheeseburger Beef Hot Dogs *Buffalo Style Chicken Fritter Cannonball Sub Grilled Cheese Sandwich Condiments Sandwich Bar Potato Chips/Doritos Chili Con Carne Baked Beans Soup of the Day French Fries Onion Rings Tuna Salad Cold Pasta Bar Seafood Pasta Salad	Soup of the day Chicken Gravy Chicken Marsala Roast Pork Loin Garlic Rosemary Mashed Potatoes and Chives Steamed Rice French Fried Okra Sesame Green Beans California Blend Vegetables Hot White/Wheat Rolls Asst Bread Dinner Coffee Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings	Breakfast Pastry Jelly Doughnuts Coffee Cake Apple Turn over Lunch Pastry Marble Cake Red Velvet Cup Cakes Coconut Custard Pie Coconut Cream Pie Fruit Cocktail Oatmeal Cookies Chocolate Chip Cookies Soft Serve Vanilla/Chocolate Ice Cream Toppings
W E D N E S D A Y	Asst Yogurt 3 Types Eggs to Order/Soft, Hard Cooked Eggs Omelets to Order Oven Fried Bacon Corned Beef Hash Cream Beef Biscuits Canadian Bacon, Egg and Cheese Sandwich Home Fried Potatoes Pancakes/French Toast Strawberry and Maple Syrup Hominy Grits/Oatmeal Asst Cereals Asst Breakfast Breads Bagels: Plain, Cinn Raisin ,Blueberry Croissants Coffee/Reg/Decaf/Asst Hot Teas/Cocoa Asst Fruit Juices Breakfast Asst Carbonated Beverages Milk Bananas, Oranges, Apples Raisins/Seasoned Fruit	Tuscan Vegetable Soup Chicken Gravy Chicken Chimichanga Taco w/ Fixings (With Shredded Cheddar, Lettuce, Diced Tomato, Cheese, Sour Cream and Salsa-Place on Salad Bar) Herb Roasted Potatoes Mexican Fiesta Rice Flame Roasted Corn/Black Bean Fiesta Broccoli Carrots Almondine Hot White/Wheat Rolls Asst Breads Lunch Coffee/Reg/Decaf/Asst Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings	Hamburger/Cheeseburger Hot Dogs Turkey Club on Croissant Sloppy Joe Grilled Cheese Sandwich Condiments Potato Chips/Doritos Chili Con Carne Baked Beans Soup of the Day French Fries Onion Rings Cold Pasta Bar Pizza Pasta Salad	Soup of the day Cream Gravy Blackened Tilapia Chicken Pasta Primavera Scalloped Potatoes Rice Roasted Chicken Flavor Green Beans w/Red Potatoes Honeyed Carrots Simmered Greens Hot White/Wheat Rolls Asst Breads Lunch Coffee Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings	Breakfast Pastry Cream Cheese Danish Chocolate Donuts Lemon Poppy Muffin Lunch Pastry Pound Cake w/Topping Too Much Choc Cake Pecan Pie Sugar Cookies Peanut Butter Cookies Cherry Jello w/Whip Topping Soft Serve Vanilla/Chocolate Ice Cream Toppings

T H U R S D A Y	Asst Yogurt 3 Types Eggs to Order/Soft, Hard Cooked Eggs Omelets to Order Oven Fried Bacon Sausage Links Cream Beef Biscuits Sausage, Egg, & Cheese Croissant Hash Brown Potatoes Pancakes /French Toast Maple and Blueberry Syrup Hominy Grits/Oatmeal Asst Cereals Asst Breakfast Breads Bagels: Plain, Onion ,Blueberry Croissant Coffee/Reg/Decaf/Asst Hot Teas/Cocoa Asst Fruit Juices Breakfast Iced Tea Asst Carbonated Beverages Milk, Skim, 2%, Whole, and Chocolate Bananas, Pears, Apples Raisins/Seasoned Fruit Condiments/Spreads	Broccoli and Cheese Soup Chicken Gravy Hamburger Steak with Mushroom Gravy Chicken Parmesan Red Mashed Potatoes Steamed Rice Cauliflower Combo Southern Collard Greens Black-eyed Peas Hot White/Wheat Rolls Asst Breads Lunch Coffee/Reg/Decaf/Asst Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings	Hamburger/Cheeseburger Beef Hot Dogs Hot Pastrami and Cheese on Rye Grilled Chicken Sandwich Grilled Cheese Sandwich Condiments Sandwich Bar Potato Chips/Doritos Chili Con Carne Baked Beans Soup of the Day French Fries Onion Rings Tuna Salad Cold Pasta Bar Healthy Pasta Salad	Soup of the Day Pork Gravy Turkey Lasagna *Mexicali Pork Chop Flamed Roasted Apples Steamed Rice Green Beans Chef Cut Garden Medley Sautéed Onions and Carrots Hot White/Wheat Rolls Asst Bread Dinner Coffee Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar	Breakfast Pastry Lemon Poppy Seed muffin Caked Doughnuts Danish Lunch Pastry Lemon Layer Cake Toasted Coconut Cake Chocolate Mousse Pie Boston Cream Pie Choc Chip Cookies Peanut Butter Cookies Orange Jello Soft Serve Vanilla/Chocolate Ice Cream Toppings
F R I D A Y	Asst Yogurt 3 Types Eggs to Order/Soft, Hard Cooked Eggs Omelets to Order Oven Fried Bacon Sausage Cream Beef Biscuits Bacon, Egg, and Cheese on Biscuit Hash Brown Potatoes Pancakes /French Toast Strawberry and Maple Syrup Hominy Grits/Oatmeal Asst Cereals Asst Breakfast Breads Bagels: Plain, Onion ,Blueberry Croissants Coffee/Reg/Decaf/Asst Hot Teas/Cocoa Asst Fruit Juices Breakfast Iced Tea Asst Carbonated Beverages Milk, Skim, 2%, Whole, and Chocolate Banana, Strawberries, Pears Raisins Condiments/Spreads	March Surf and Turf Chicken and Rice Soup Chicken Gravy Zesty Cajun Skirt Steak Old Bay Steamed Shrimp with Cocktail Sauce Tandoori Chicken Half Baked Potatoes Vegetable Rice Pilaf Oven Roasted Corn Herbed Green Beans and Carrots Cheddar Biscuits Hot White/Wheat Rolls Asst Breads Lunch Coffee/Reg/Decaf/Asst Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings No Seconds on Lunch meal.	* No Speed Line During Lunch Meal Hamburger/Cheeseburger Beef Hot Dogs *Chef's Choice Grilled Cheese Sandwich Condiments Sandwich Bar Potato Chips/Doritos Chili Con Carne Baked Beans Soup of the Day French Fries Onion Rings Tuna Salad Cold Pasta Bar Tuna and Macaroni Salad 	Soup of the Day Brown Gravy *Chicken Tenders Manicotti with Beef Sauce Seasoned Steak Fries Rice Pilaf Whole Kernel Corn Sautéed Squash Steamed Cauliflower Combo Hot White/Wheat Rolls Asst Bread Dinner Coffee/Reg/ Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings	Breakfast Pastry Glazed Doughnuts Cinnamon Rolls Banana Nut Muffin Lunch Pastry German Chocolate Cake Marble Cake with Chocolate Icing Apple Cranberry Pie Choc Chip Cookies Cherry Jello Vanilla Pudding Soft Serve Vanilla/Chocolate Ice Cream Toppings
S A T U R D A Y	Asst Yogurt 3 Types Eggs to Order/Soft, Hard Cooked Eggs Omelets to Order Oven Fried Bacon Ham Slice Cream Beef Biscuits Breakfast Burrito Home Fried Potatoes Pancakes/French Toast Maple Syrup Hominy Grits/Oatmeal Asst Cereals Asst Breakfast Breads Bagels: Plain, Onion ,Blueberry Croissants, Coffee/Reg/Asst Hot Teas/Cocoa Asst Fruit Juices Breakfast Iced Tea Asst Carbonated Beverages Milk, Skim, 2%, Whole, and Chocolate Bananas, Oranges, Apples, Raisins/Fresh Slice Fruit or Seasoned Fruit Condiments/Spreads	Curried Chicken Soup Brown Gravy Juicy BBQ Chicken Thighs Brazilian Styled Pork Ribs Vegetable Rice Pilaf Buffalo Chip Potatoes Whole Kernel Corn Sautéed Asparagus Steamed Carrots Hot White/Wheat Rolls Garlic Bread Asst Bread Dinner Coffee/ Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings	Hamburger/Cheeseburger Beef Hot Dogs Mushroom Swiss Bacon Cheeseburger Grilled Cheese Sandwich Condiments Sandwich Bar Potato Chips/Doritos Chili Con Carne Baked Beans Soup of the Day French Fries Onion Rings Tuna Salad Cold Pasta Bar Chicken &Pasta Salad	Soup of the day Giblet Gravy Grilled Pork Loin Teriyaki Chicken Quarters Brown Rice with Beans Mashed Potatoes Simmered Greens Fried Mushrooms Creamed Corn Hot White/Wheat Rolls Asst Bread Dinner Coffee Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings	Breakfast Pastry Blueberry Muffins Banana Bread Assorted Danish Lunch Pastry Sock it to me Cake Best Ever Chocolate Cake Chocolate Pudding Orange Jello Chocolate Chip Cookies Sugar Cookies Soft Serve Vanilla/Chocolate Ice Cream Toppings

S	Asst Yogurt 3 Types Eggs to Order/Soft, Hard Cooked Eggs Omelets to Order Oven Fried Bacon Sausage Patties	Creamy Corn and Sausage Chowder Brown Gravy Southwestern Chicken and Fettuccini	Hamburger/Cheeseburger Beef Hot Dogs Shrimp Poppers	Soup of the Day Seasoned Grilled Chicken Breast	Breakfast Pastry
U	Cream Beef Biscuits	*Seared Pork Chop	Grilled Cheese Sandwich Condiments Sandwich Bar	Southern Fried Catfish	Pecan Rolls Apple Danish Banana Bread
N	Bacon, Egg, and Cheese English Muffin	Steamed Rice Oven Glow Potatoes Steamed Corn	Potato Chips/Doritos Chili Con Carne Baked Beans	Chicken Gravy Garlic Mashed Potatoes Rice Pilaf	Lunch Pastry
D	Hash Brown Potatoes Pancakes/French Toast Maple Syrup	Green Bean Medley Zucchini White/Wheat Rolls	Soup of the Day French Fries Onion Rings	Mixed Vegetables Steamed Spinach Broccoli Polonaise	Coconut Cake Choc Cake
A	Instant Hominy Grits/Oatmeal Asst Cereals	Asst Breads Lunch Coffee/Reg/Decaf/Asst Orange Juice, Fruit Juices L/D	Tuna Salad	Hot White/Wheat Rolls Asst Bread Dinner Coffee/Reg/Decaf/Asst	Apple pie Brownies
Y	Asst Breakfast Breads Bagels: Plain, Blueberry Croissant Coffee/Reg/Decaf/Asst Hot Teas/Cocoa Asst Fruit Juices Breakfast Iced Tea Asst Carbonated Beverages Milk, Skim, 2%, Whole, and Chocolate Bananas, Pears, Apples Raisins/Fresh in Seasoned Fruit Condiments/Spreads	Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings	Cold Pasta bar Macaroni Salad	Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings	Sugar Cookies Orange Jello Vanilla Pudding
					Soft Serve Vanilla/Chocolate Ice Cream Toppings